

VALUE OF FRUIT SOUPS.

Food Value in Dainty Dishes That May Be Served.

Mr. Riley M. Fletcher Berry, in his book "Fruit Recipes" (Doubleday, Page & Co.), says that fruit soups are usually served cold—where convenient, chilled on ice—in very small china or glass bowls or bouillon cups. With this daintiness of service, however, it may be forgotten or not realized that such soups are not to the stomach mere empty, introductory flourishes, whatever the intent. Fruit soups are foods, and as such are used in many countries by even the peasants, though they may lack delicate table appointments. It is true that a fruit may be used which it not of itself substantial (though the opposite may hold, as with prunes), but the sage, arrowroot, or tapioca used for thickening furnishes a certain amount of heat-producing material, and where wine is added this is increased, so it may readily be understood why, when used in quantity, such combinations may approach, of themselves, substantial meals, or why, even in small measure, fruit soups, with but slight additions of foods containing other balancing elements, may arrive at the right to be chief "dish" of a luncheon or light supper.

As a general rule, stewed fruit, passed through a sieve, may have added to it an equal quantity of water, and to each pint a heaping teaspoonful or scant dessert spoonful of sago, arrowroot (for which cornstarch may be substituted) or tapioca. Some instructors give the rule of a level tablespoonful of cornstarch to each pint of clear, pressed fruit juice, which, however, may be slightly diluted. The arrowroot or cornstarch is a quicker process, and should be dissolved till smooth in a little cold water, added when the fruit juice is at boiling point, then cooked till clear; meantime adding sugar, and later a tablespoonful of lemon juice or wine. If sago or tapioca is used, it must be cooked till thoroughly tender and translucent. A soup made of raspberries may serve as example of a lighter fruit soup. Several recipes for fruit soups add much information valuable to the housekeeper are also given.

THE HOT WATER BAG.

Simple Precautions That Will Preserve Its Usefulness.

Boiling water should never be put into a rubber bag. Do not much more than half fill the bag, then place it in the bag before putting in the stopper, and carefully press out the steam.

This makes the bag softer, as it is relieved of the pressure the steam makes if left in it.

After using the bag drain out the water, let it hang bottom up for a little while, then take it down and with the mouth blow a little air into it, just enough to keep the inside from coming together, as it will often do if there is no air in it, in which case the bag is almost sure to be ruined in pulling it apart.

If the bag ever should stick, put into it some hot water with a few drops of ammonia, let it remain a few minutes then with a thin, dull-edged stick, try to separate the inside carefully.

Never fold a bag after it has once been used. A flannel bag covering for the rubber bag is very useful.

Care of Shoes.

An excellent preservative of shoe leather is vaseline. If a small quantity be applied to new shoes it will soften the leather, and if emulsified leather will keep it soft much longer than ordinarily and render it less liable to crack.

If worn shoes are cleaned and blackened, and then rubbed with the vaseline, their appearance and wearing qualities will be much improved.

Have a box of oats handy and when the shoes are taken off remove all mud and dirt, lace or button them, fill half full with oats and stuff the tops with crumpled paper.

When necessary to wear the shoes empty them and they will be found to have kept their shape, and will not be drawn if they were in the least damp when taken off.

Cleaning White Silk.

To wash white taffeta and other white silks, proceed as follows:

Having made strong suds by boiling castile soap in soft water, allow it to cool to blood heat or 100 degrees, and wash the silk in it by switching it about and lightly pressing out the water with the hands.

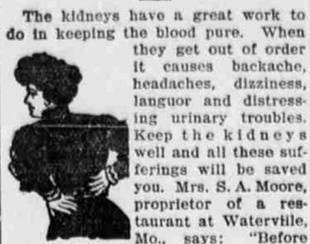
Dip the goods into suds of the same kind; press the water out once more and hang in an airy, sunless place until almost dry, pulling out all wrinkles from time to time. Roll the silk carefully over a board, and let it lie wrapped in a towel until there is only a trace of moisture left.

Smooth it under a fine, white cloth with a moderately warm iron. If a clear tone of white is desired, add bluing to the water; if an ivory shade is preferred, use the clear suds.

Torn Wall Paper.

When a hole has been made in the wall paper in moving a piece of furniture, if one has no paper like the one on the wall, a judicious use of water colors will work wonders. The torn paper should be first straightened as neatly as possible and glued down. Then touch up the vacant spaces and the seams with paints the color of the paper at that place, says Home Chat. The break will be almost invisible if the water colors are used carefully. Tiny tubes of water color paints can be bought at any artists' supplies shop.

TIRED BACKS.



The kidneys have a great work to do in keeping the blood pure. When they get out of order it causes backache, headaches, dizziness, languor and distressing urinary troubles. Keep the kidneys well and all these sufferings will be averted you. Mrs. S. A. Moore, proprietor of a restaurant at Waterville, Mo., says: "Before using Doan's Kidney Pills I suffered everything from kidney troubles for a year and a half. I had pain in the back and head, and almost continuous in the loins and felt weary all the time. A few doses of Doan's Kidney Pills brought great relief, and I kept on taking them until in a short time I was cured. I think Doan's Kidney Pills are wonderful."

For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

WOMAN HAS FINE RECORD.

Keeper of Lighthouse, She Has Saved Eighteen Lives.

Ida Lewis recently celebrated her fiftieth year as keeper of the Lime Island lighthouse in the harbor of Newport, R. I. As a girl and woman Ida Lewis has lived a remarkable life. Her bravery and skill in handling a boat are well known and her fame is secure as the great woman life saver in the world, for she has the credit of having saved no less than 18 lives, most of her rescues having been effected in the face of extreme danger and in winter. As keeper of the Lime Island lighthouse, to which post she was appointed in recognition of her bravery and record as a life saver on the death of her father, Miss Lewis has shown herself as careful and efficient as a man could be. She is one of the few women in such a position.

SARSAPARILLA TIME.

Make Your Own Sarsaparilla or Spring Blood Medicine.

Mix one-half ounce Fluid Extract Dandelion, one ounce Compound Kargon, three ounces Compound Syrup Sarsaparilla. Shake well in a bottle and take one teaspoonful after meals and again at bedtime. Any good druggist can supply these ingredients.

This is said to be a splendid Spring Blood Tonic and system renovator because of its gentle action in restoring the kidneys to normal activity, forcing them to filter from the blood all impure matter and acids, destroying micro-organisms which produce ill health and sour blood.

Everyone should take something to cleanse the blood at this time of year, and the above simple prescription is the most highly indorsed of the hundreds of home remedies generally used.

Mix this yourself, then you will know what you are taking.

Refuges on Mont Blanc.

Losing one's self on Mont Blanc will soon be counted among the vanished industries. In recent years a number of fine refuges have been built in various parts of the mountain by the Alpine clubs of England, France and other countries and by private individuals. These have made it almost impossible for a man having a bump of locality of average size to be lost, in spite of heavy mists and blinding snowstorms caused by sudden changes of temperature.

Day of Guillotine Ended.

Since the prison of La Rochette, where the French guillotine used to be kept, has been pulled down, the machine of death has been kept in a shed belonging to the state executioner. Since there is no place in Paris where it seems desirable to put up the guillotine, no more executions take place there. The president of the republic gets around the difficulty by commuting the death sentence to imprisonment.

Read Slowly.

The New York Medical Journal wisely remarks: "The colon bacillus is usually ranked in the saprophytic group of bacteria rather than placed among the organisms distinctly pathogenic for man; but we know that it is far from being devoid of virulence, and that it is capable under certain conditions of gaining increased powers of invading the organism and of manifesting very definite pathogenic effects."

FIND OUT

The Kind of Food That Will Keep You Well.

The true way is to find out what is best to eat and drink, and then cultivate a taste for those things instead of poisoning ourselves with improper, indigestible food, etc.

A conservative Mass. woman writes: "I have used Grape-Nuts 5 years for the young and for the aged; in sickness and in health; at first following directions carefully, later in a variety of ways as my taste and judgment suggested.

"But its most special, personal benefit has been a substitute for meat, and served dry with cream when rheumatic troubles made it important for me to give up the 'coffee habit.' "Served in this way with the addition of a cup of hot water and a little fruit it has been used at my morning meal for six months, during which time my health has much improved, nerves have grown steadier, and a gradual decrease in my comfort." Name given by Postum Cereal Co., Ltd., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

Curious Maps.

Maps for military and general field use are produced by Dr. O. H. F. Vollbehr, of Halensee, Berlin, as microscopic transparencies, each about one and one-half inch by two inches in size. These form slides for the micro-photoscope, a special instrument having a hand-mirror-shaped frame, to which is attached a slide-holder, with a movable lens over it. The lens slides in two directions, about 70 square miles being shown in each position.

SLEEP BROKEN BY ITCHING.

Eczema Covered Whole Body for a Year—No Relief Until Cuticura Remedies Prove a Success.

"For a year I have had what they call eczema. I had an itching all over my body, and when I would retire for the night it would keep me awake half the night, and the more I would scratch, the more it would itch. I tried all kinds of remedies, but could get no relief.

"I used one cake of Cuticura Soap, one box of Cuticura, and two vials of Cuticura Resolvent Pills, which cost me a dollar and twenty-five cents in all, and am very glad I tried them, for I was completely cured. Walter W. Paglusch, 207 N. Robey St., Chicago, Ill., Oct. 8 and 16, 1906."

Increase in Savings Deposits.

In 1906 the resources of the savings banks of the state of New York reached \$1,465,000,000, an increase of \$59,000,000 in only one year.

In a Pinch, Use ALLEN'S FOOT-EASE.

A powder. It cures painful, smarting, nervous feet and ingrowing nails. It's the greatest comfort discovery of the age. Makes new shoes easy. A certain cure for sweating feet. Sold by all Druggists, 25c. Accept no substitute. Trial package, FREE. Address A. S. Olmsted, Le Roy, N. Y.

New York Births and Deaths.

There is a birth in New York city each five minutes in the day and a death each seven minutes.

Garfield Tea, the Mild Laxative, is a pure, practical household remedy; good for young and old. To be taken for constipation, indigestion, sick-headache, colds and diseases arising from impure blood. It clears the complexion.

There are numerous toll gates on the road to success.

Lewis' Single Binder straight 5c. You pay 10c for cigars not so good. Your dealer or Lewis' Factory, Peoria, Ill.

When a tall man is broke that's the long and short of it.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. Dose a teat.

It's so much easier to tell a lie than it is to make people believe it.

Fruit acids will not stain goods dyed with PUTNAM FADELESS DYES, and the colors are bright and fast.

He who is firm and resolute in will molds the world to himself.—Goethe.

Lewis' Single Binder costs more than other 5c cigars. Smokers know why. Your dealer or Lewis' Factory, Peoria, Ill.

Every truth that comes home to us is a moral call, bidding us rise to a new position.—Goethe.

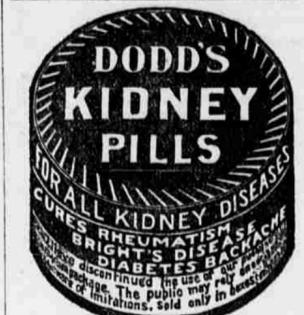
Garfield Tea—the indispensable laxative! Take it in the Spring; it purifies the blood, cleanses the system, eradicates disease. It is made wholly of simple herbs. Guaranteed under the Pure Food and Drugs Law.

Chinese City Waking Up. Nankin, China, is to have an electric light system of the most modern kind; also a new water works.

Beware of Ointments for Catarrh that Contain Mercury.

As mercury surely destroys the sense of smell and completely derange the whole system when entering it through the mucous surfaces, such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists. Price, 75c. per bottle. Take Hall's Family Pills for constipation.

He enjoys much who is thankful for little; a grateful mind is both a great and a happy mind.—Secker.



INVENTIONS NEEDED

Location wanted and save labor on farms. **WAGON.** PAT. No. 1,000,000. **W. N. U., OMAHA, NO. 15, 1907.**

You save money and avoid failures in your baking if you use

KC BAKING POWDER

25 ounces for 25 cents

Here is true economy. You cannot be sure every time or have your food dainty, tasty and wholesome if you pay less or accept a substitute.

JAQUES MFG. CO., Chicago

Alabastine

THE ONLY Sanitary Durable WALL COATING

ALABASTINE comes in dry powder form, ready for use by mixing with clear pure cold water. Safeguards health and makes homes beautiful and livable. Easy to mix. You can apply it yourself with an ordinary flat wall brush. Insist on goods in packages labeled "ALABASTINE" and that your workmen bring Alabastine in unopen packages and use on job. If your dealer does not have Alabastine we will supply you. Write for free color suggestions and send us 10 cents for book "Dainty Wall Decorations." **ALABASTINE COMPANY, Grand Rapids, Mich. New York City.**

Women Avoid Operations

When a woman suffering from female trouble is told that an operation is necessary, it, of course, frightens her. The very thought of the hospital, the operating table and the knife strikes terror to her heart. It is quite true that these troubles may reach a stage where an operation is the only resource, but a great many women have been cured by Lydia E. Pinkham's Vegetable Compound after an operation has been decided upon as the only cure. The strongest and most grateful statements possible to make come from women who by taking

Lydia E. Pinkham's Vegetable Compound

made from native roots and herbs, have escaped serious operations, as evidenced by Miss Rose Moore's case, of 307 W. 26th St., N. Y. She writes: "Dear Mrs. Pinkham:—Lydia E. Pinkham's Vegetable Compound has cured me of the very worst form of female trouble and I wish to express to you my deepest gratitude. I suffered intensely for two years so that I was unable to attend to my duties and was a burden to my family. I doctored and doctored with only temporary relief and constantly objecting to an operation which I was advised to undergo. I decided to try Lydia E. Pinkham's Vegetable Compound; it cured me of the terrible trouble and I am now in better health than I have been for many years." This and other such cases should encourage every woman to try Lydia E. Pinkham's Vegetable Compound before she submits to an operation. **Mrs. Pinkham's Standing Invitation to Women** Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. From the symptoms given, the trouble may be located and the quickest and surest way of recovery advised.

MISS ROSE MOORE

10c TEDDY BEARS 10c

Every Child DREAMS OF HAVING ONE

Every Child CAN HAVE ONE

Make Your Children Happy It will cost but TEN CENTS

This TEDDY BEAR is printed on strong, durable muslin in soft tans and browns. A few stitches and TEDDY BEAR stands complete, a Bear Baby 11 inches high. It will be loved as dearly and cherished as tenderly as the imported \$5.00 Bear.

Sent Postpaid on Receipt of 10c.

THE SAALFIELD PUBLISHING CO., AKRON, OHIO

10c TEDDY BEARS 10c

W. L. DOUGLAS

\$3.00 AND \$3.50 SHOES HERE IN THE WORLD

W. L. DOUGLAS \$4.00 GILT EDGE SHOES CANNOT BE EQUALLED AT ANY PRICE.

SHOES FOR EVERYBODY AT ALL PRICES: Men's Shoes, \$3 to \$1.50. Boys' Shoes, \$3 to \$1.25. Women's Shoes, \$4 to \$1.50. Misses' & Children's Shoes, \$3.25 to \$1.00.

W. L. Douglas shoes are recognized by expert judges of footwear to be the best in style, fit and wear produced in this country. Each part of the shoe and every detail of the making is looked after and watched over by skilled shoemakers, without regard to time or cost. If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other make.

W. L. Douglas name and price is stamped on the bottom, which protects the wearer against high prices and inferior shoes. "Take No Substitutes." Sold by the best shoe dealers everywhere. **Pat. Color. Export and re-export. Catalog mailed free. W. L. DOUGLAS, Brockton, Mass.**

FREE To convince any woman that Paxtine Antiseptic will improve her health and do all we claim for it. We will send her absolutely free a large trial box of Paxtine with book of instructions and genuine testimonials. Send your name and address on a postal card.

PAXTINE

cleanses and breaks up mucous membranes in all infections, such as nasal catarrh, pelvic catarrh and inflammation caused by feminine ill; sore eyes, sore throat and mouth, by direct local treatment. Its curative power over these troubles is extraordinary and gives immediate relief. Thousands of women are cured and recommending it every day. 50 cents at druggists or by mail. Remember, however, IT COSTS YOU NOTHING TO TRY IT. **THE H. PAXTINE CO., Boston, Mass.**

U. S. NAVY

exists for four years young men of good character and sound physical condition between the ages of 17 and 25 as a special sea-menship opportunity for advancement; pay \$16 per month. Kinship to the navy, blacksmiths, cooperages, yeomen (clerks), carpenters, shipfitters, stokers, musicians, cooks, etc., between 21 and 26 years, enlisted in special ratings with suitable pay; hospital allowances 15 to 25 years. Retirement on three-fourths pay and allowances after 30 years service. Applicants must be American citizens.

First clothing outfit free to recruits. Upon discharge travel allowance 4 cents per mile to place of enlistment. Bonus four months pay and increase in pay upon re-enlistment within four months of discharge. Offices at Lincoln and Hastings, Nebraska. Also, during winter, at Fort Monroe and Station, Iowa. Address **NAVY RECRUITING STATION, P. O. Bldg., OMAHA**

NEW WHEAT LANDS IN THE CANADIAN WEST

FARMS IN WESTERN CANADA FREE

5,000 additional miles of railway this year have opened up a largely increased territory to the progressive farmers of Western Canada and the Government of the Dominion continues to give ONE HUNDRED AND SIXTY ACRES FREE to every settler.

THE COUNTRY HAS NO SUPERIOR

Coal, wood and water in abundance; churches and schools convenient; markets easy of access; taxes low; climate the best in the northern temperate zone. Law and order prevail everywhere. For advice and information address the **SUPERINTENDENT OF IMMIGRATION**, Ottawa, Canada, or any authorized Canadian Government Agent.

W. V. BENNETT, 801 New York Life Building, Omaha, Nebraska.

READERS of this paper desiring to buy anything advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations.

DEFIANCE STARCH never attacks the iron.

Home Treatment Wine of Cardui

You naturally would prefer to treat yourself at home, for any form of female trouble, wouldn't you? Well, it can be done. No reason why you should not be able to relieve or cure your suffering, as thousands of other women have done, by proper use of the Cardui Home Treatment. Begin by taking

Wine of Cardui

the well-known female tonic. For sale at all drug stores.

Joe Moorhead, of Archibald, I. T., writes: "My wife had suffered for years from female trouble. On your advice, I gave her the Cardui Home Treatment, and now she hardly suffers at all." Sold by druggists.

WRITE US A LETTER

Write today for a free copy of valuable 64-page illustrated Book for Women. If you need Medical Advice, describe your symptoms, stating age, and reply will be sent in plain sealed envelope. Address: Ladies' Advisory Dept., The Chattanooga Medicine Co., Chattanooga, Tenn.